

DISABILITY & ACCOMODATION

Ontario Disability Support Program
(416) 325-0123, TTY: (416) 326-7290
770 Birchmount Road, Suite 30
Disability-related benefits

Variety Village
(416) 699-7167
3701 Danforth Avenue
Accessible sports and fitness centre

Wheel Trans
(416) 393-4222; TTY: (416) 393-4555
mywheel-trans.ttc.ca
Door-to-door paratransit service. Must register/in-person interview to use service. Call to check eligibility.

HEALTH SERVICES

Scarborough Centre for Healthy Communities
(416) 642-9445
Multiple locations across Scarborough
Health exams, immunization, treatment

Rouge Valley Health System
(416) 284-8131
2867 Ellesmere Road
24h treatment of injuries and illnesses

Scarborough Hospital
(416) 438-9211 (General Campus)
3050 Lawrence Avenue East
(416) 495-2400 (Birchmount Campus)
3030 Birchmount Road

Access Alliance Health Services
(416) 693-8677
3079 Danforth Avenue
Healthy child screenings, walk-in clinic

GENERAL RESOURCES FOR WOMEN IN SCARBOROUGH



(416) 439-7111

www.scarboroughwomenscentre.ca

Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment. The Centre empowers women to become economically and emotionally independent for future success and to strengthen their local communities, free from violence.

We provide the following services:

Information—Telephone info referral, linking women with resources needed.

Education—Courses, workshops, and support groups on topics of concern for women.

Support—Free counselling for women who want to move forward in their lives, and mentoring and tutoring services with trained volunteers.

GENERAL COMMUNITY SERVICES

Agincourt Community Services Association
(416) 321-6912
4155 Sheppard Avenue E, Suite 100
A variety of program for everyone

Birchmount Bluffs Neighbourhood Centre
(416) 396-4310
93 Birchmount Road
Recreational & social programs for all

West Scarborough Neighbourhood Community Centre
(416) 755-9215
313 Pharmacy Avenue
Community resource for all ages

Malvern Family Resource Centre
(416) 284-4184
90 Littles Road
Family-friendly services for community

Warden Woods Community Centre
(416-) 694-1138
74 Firvalley Court
Drop-in programs, health and wellness

Scarborough Housing Help Centre
(416) 285-8070
2500 Lawrence Avenue E, Unit 205
Drop-in for housing help, rent bank

211 Toronto
www.211toronto.ca
Information service for GTA residents

COUNSELLING SERVICES

Scarborough Women's Centre
(416) 439-7111
2100 Ellesmere Road, Suite 245
Free individual counselling

Family Service of Toronto
(416) 586-9777
1527 Victoria Park Avenue
Individual, couple, and family counselling

Scarborough Centre for Healthy Communities
(416) 642-9445
Multiple locations across Scarborough
Counselling & mental health workshops

EMPLOYMENT SERVICES

Access Employment Scarborough
(416) 431-5326
2100 Ellesmere Road, Suite 250
Job search strategies, assessment

YWCA Scarborough Employment
(416) 264-5788
2425 Eglinton Avenue E, Suite 303
Workshops, trainings, mock interviews

Ontario Works / Client Services
Multiple locations
www.mcass.gov.on.ca/
Financial and employment assistance

Toronto Employment & Social Services
<http://bit.ly/1d0rewt>
Multiple locations across Scarborough
Career planning, job banks, referrals

IMMIGRATION & NEWCOMERS

Centre for Immigration & Community Services

(416) 292-7510
2330 Midland Avenue
Language training, networking events

Settlement Assistance & Family Services

(416) 431-4847
Multiple locations across Scarborough
Orientation, language development

Working Women —The Hub

(416) 750-9600
1527 Victoria Park Avenue, 2nd floor
Cultural-focused, interpretation, childcare

Polycultural Immigrant Services

(416) 261-4901
3225 Eglinton Avenue E, Unit 101A
Resource centre, mentorship, placement

LEGAL SERVICES

Legal Aid Ontario

(416) 979-1446
www.legalaid.on.ca
Legal certificate if financially eligible

Scarborough Community Legal Services

(416) 438-7182
695 Markham Road, Suite 9
Basic telephone advice, appointment

West Scarborough Community Legal Services

(416) 285-4460
2425 Eglinton Avenue, Suite 201
Basic telephone advice, appointment

CHILD & YOUTH SERVICES

Aisling Discoveries Child and Family Centre

(416) 321-5464
325 Milner Avenue, Suite 110
Parent coaching, programs for children between birth and pre-teen

East Metro Youth Services

(416) 438-3697
1200 Markham Road, Suite 200
Walk-in clinic, counselling, teen-oriented

Kids Help Phone

1-800-668-6868
www.kidshelpphone.ca
Confidential 24/7 line for youth and children

YWCA Family Support Centre

(416) 266-1232
3090 Kingston Road, Suite 101
Teen mother programs, childcare, parenting

SENIOR SERVICES

Elder Abuse Ontario

(416) 916-6728; 1-866-299-1011
Help available in 150 languages for abuse

Trans Care Community Support Services

(416) 750-9885
www.tcare.ca
Assistance for mobility and functional needs

St. Paul's L'Amoreaux Centre

(416) 493-3333
3333 Finch Avenue East
Recreational & social programs for elderly

EMERGENCY SERVICES

Assaulted Women's Helpline

(416) 863-0511
www.awhl.org
Provides health & legal information

Toronto Rape Crisis Centre

Crisis: (416) 597-8808
trccmwar.ca
24/7 crisis line, counselling, court support

Sexual Assault and Domestic Violence Care Centre

(416) 495-2555
3030 Birchmount Road
Crisis intervention, emergency care and evidence collection for sexual assault

Toronto Distress Centre

(416) 408-4357
24h helpline for emergency & intervention

Mobile Crisis

(416) 495-2891
Mental health team will visit for assistance

FoodLink

(416) 392-6655
Referral service for food banks and low-cost food programs

Central Family Shelter Intake Line

(416) 397-5637
Call for arrangement of housing across different locations within the GTA

Homelessness Intervention Program

(416) 847-4143
4100 Lawrence Avenue East
Assistance for homeless families or individuals who are facing eviction

SAFETY PLANNING

Safety planning is critical, whether you are in an abusive situation or are in the process of leaving one. The risk of violence increases directly after women leave their abusive partners. Develop a safety plan; it can save your life and your children's lives.

Safety While Living With an Abuser:

- Remove deadly weapons from your house.
- Talk about the abuse with someone you trust.
- Ask the neighbours to call the police if they hear loud noises or fighting.
- Make sure your children know their phone number and address.
- Identify safe places to go in an emergency.
- Hide clothing, money, keys, and important documents with a family/friend.

Safety After You Leave an Abuser:

- Try not to be alone, especially when leaving your house, work, or any place the abuser knows about.
- Change your routine.
- Report to your friends/family about where you are, when you are leaving and returning.
- Buy additional locks and safety devices to secure your window and doors.
- Carry a charged cell phone at all times.
- Notify the police in your district and give them copies of related police reports and civil protection orders.
- Always be aware of your surroundings.